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## ERV LECTURE

In general, studies indicate that psychics are a little better psychologically and physically fit than a control group. Statistics show that 47.5% of psychics are male, 52.5% are female, and the median age for both is 44. The educational background exceeds the national average and 75% of psychics never used drugs or rarely show antisocial deviant behavior. Once a psychic experience is identified, there is a high tendency to correlate religious beliefs and to consequently change these beliefs. People do not know why psychics are able to function in this capacity.

The factors that improve a subjects ability to perform a psychic task are certain personality characteristics and specific experimental conditions. The personality characteristics include whether an individual is interested, friendly, accepting of psychic functioning, has good visual imagery ability, and self-confidence. The experimental conditions involve a rapport with the experimenter, the support of the sender, target material that is emotionally involving, training, and encouragement to be psychic. The various brain waves utilized are beta, alpha, delta, and theta. Beta is the emotional state and alpha is when the brain waves are slowing down. Delta is the sleeping stage but the mind does not slow down. The relaxed state of mind is theta. Theta is the stage focused on in ERV. During this time, the brain waves are slowed down to 17 cycles per minute so that pure images can come through.

The various mental states are relaxed, dreaming, hypnogogic, and out of body. The theta stage is a relaxed mind set which is characterized by allowing it to happen with a minimum of ego involvement and conscious striving. Dreaming occurs during the delta stage. The hypnogogic mental state is the intermediate period between sleep and being fully awake. Out of body (OBE) is also known as bilocation or astral projection. OBE is the sensation of observing phenomena from a perspective which does not coincide with the physical body.

Extended remote viewing has been studied for over two decades by independent researchers as well as major universities such as Syracuse, Texas Southern, and the UVA Medical Center. The primary goal of ERV is the subjective temporal extension of brief psychic subliminal impressions. A trained extended remote viewer is able to observe, control, and report perceptions which would otherwise be ignored or neglected fleeting images. The perceptual window is extended by achieving a discrete state of consciousness which is defined by identified state dependent

behaviors. There are eight behavior skills which must be mastered by the viewer while training to do ERV. These skills are ability to physically relax, reduce any level arousal, attenuate sensory inputs, increase awareness of internal feelings or images, energize receptive right mode hemispheric functioning, achieve an alert view of reality, focus intent (conscious or unconscious) on the remote viewing task, and to communicate perceptions. An individual is trained in each one of these skills over a period of approximately three weeks. The goal of the remote viewer is to simultaneously exhibit all of the learned skills thereby achieving a specified discrete state of consciousness in which the trainee is able to remote view. An ERV team includes an interviewer and trainee or interviewer and remote viewer. Local targets, beacon targets and application targets are utilized.

In theory, thought is a quick and light mobile form of energy. It manifests itself instantaneously which is unlike the deeper forms of energy such as matter. An idea is similar to a blue print. The idea is held in the remote viewer's mind is an energy which will tend to attract and create that form on the material plane.

The four basic steps include setting a goal, creating a clear idea or picture, focusing on it, and giving it energy. Extended remote viewing is understanding and aligning yourself with the natural principles that govern the workings of our universe and learning to use these principles in the most conscious and creative way.